

# **GCC Golf Team Fall 2009 Training**

## **Warm-Up Activity**

10 minutes of cardio. Your choice of equipment (Bike, elliptical, treadmill, etc.). Moderate intensity.

## **CORE Training**

Russian Twists Standing w 6 lb ball                      3 x 30 reps

Russian Twists Seated with Legs in Air                      3 x 30 reps

Basic Russian Twist Video: [http://www.youtube.com/watch?v=pObEPJ\\_6w5E&feature=related](http://www.youtube.com/watch?v=pObEPJ_6w5E&feature=related)

Med Ball Rotational Throws Forward                      2 x 12 throws each side

Med Ball Rotational Throws Backwards                      2 x 12 throws each side

Diagonal Chops    2 x 10 reps each direction

Low Back Hyperextensions on Stability Ball                      3 x 10

## **Power Training**

Leg Press 5-3-1 (machine)                                      3 x 8-12 Reps

Forward Walking Lunges w Dumbbells                              3 x 8-12 Steps

Rows (machine)    3 x 8-12 Reps

## **Flexibility**

Seated Hamstrings and Low Back

Bent Knee Hamstring

Rolling Glutes

Sumo

Side Lying Quads

Wall Chest